

# Welcome to The Ridings recreational area

## Run England Route



### What is ?

3-2-1 is a Run England project which aims to provide a range of marked out running or jogging routes across the country, so anyone can have a go. It is a way of providing a meaningful challenge to help more people get running when it best suits them.

Here at The Ridings we have a 5 kilometre course and have installed posts at 100 metre intervals for you to use. The map on this sign shows the location of the posts and what they signify. The marker disc on each post shows you the distance around the 5 kilometre route. Use all or part of the course as you feel you want to.

### The Ridings Recreational Area

The Ridings are owned and administered by Chipping Sodbury Town Trust, regulated by a scheme of the Charity Commissioners in 1899 and varied under an order dated December 1959.

The Ridings have been laid out as sports pitches and playing grounds for the benefit of the inhabitants of the civil parish of Sodbury and the thirteen trustees continue to increase and improve our facility.

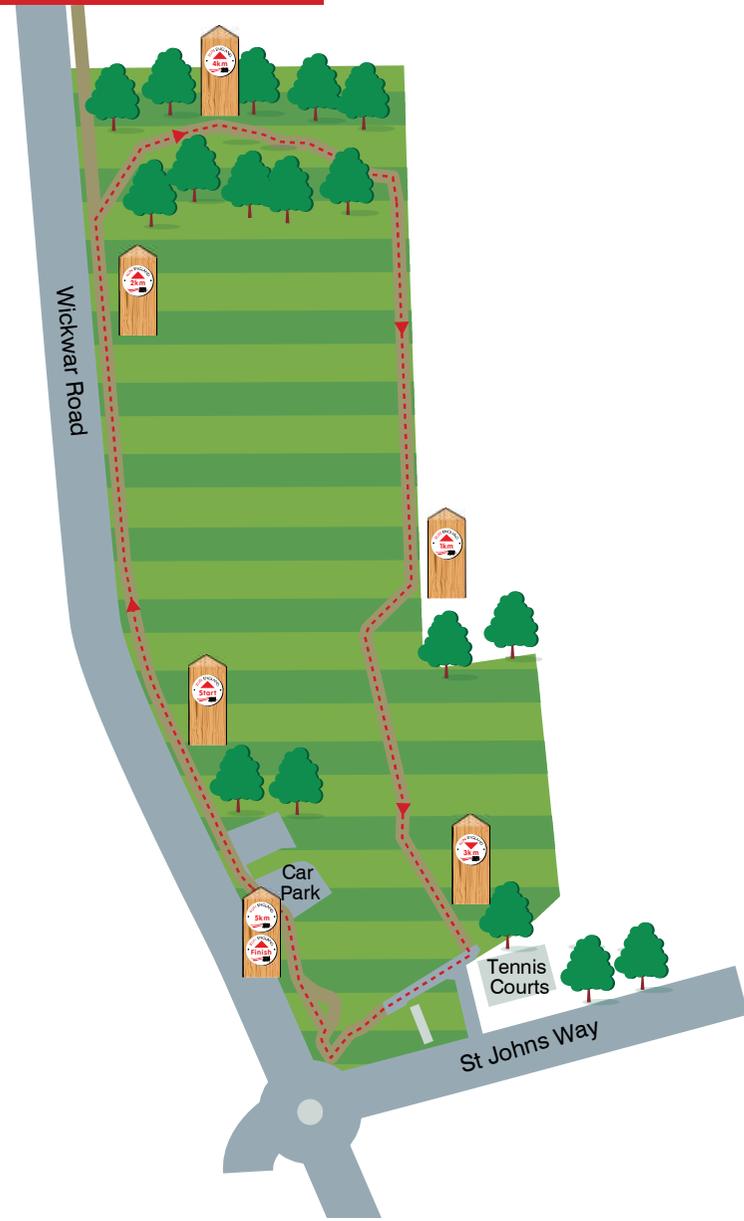
The Ridings has become a venue for a parkrun, organised weekly by The Ridings based Hogweed Trotters. The 900 metre all weather path used for part of the course was funded by Natural England's P4C Paths for Communities scheme and local sponsors.

### A few polite notices

The Ridings recreational area is open to everyone. Please give way to other park users, even if it prevents you getting a personal best or hinders your training. There is always a next time!

Dispose of all litter in the bins provided.

Please do not train on the marked football pitches or cricket square.



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